



Alphabet Chicken Soup

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



88 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 carrots chopped
- ☐ 2 rib celery chopped
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 64 ounce less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 1 medium onion chopped
- ☐ 0.5 cup soup noodles alphabet-shaped uncooked

☐ 1 tablespoon vegetable oil

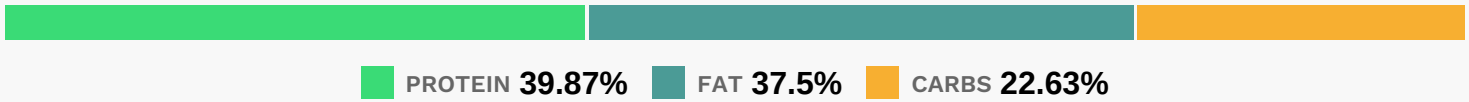
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat until hot.
- ☐ Add onion, carrot, and celery to pan. Saut vegetables 5 minutes; add garlic, and saut 1 minute or until vegetables are tender and mixture smells good. Stir in broth, chicken, and thyme. Bring to a boil; reduce heat, and simmer, stirring occasionally, 15 minutes. Stir in pasta, and cook 8 minutes or just until pasta is tender.

Nutrition Facts



Properties

Glycemic Index:17.78, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:6.7326086241266%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 87.56kcal (4.38%), Fat: 3.62g (5.56%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.26g (1.55%), Sugar: 1.41g (1.56%), Cholesterol: 21mg (7%), Sodium: 772.39mg (33.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.3%), Vitamin A: 2051.73IU (41.03%), Selenium: 12.93µg (18.47%), Vitamin B3: 3.41mg (17.04%), Vitamin B6: 0.18mg (9.11%), Phosphorus: 87.86mg (8.79%), Vitamin B12: 0.44µg (7.4%), Vitamin B5: 0.55mg (5.54%), Vitamin B2: 0.09mg (5.41%), Potassium: 183.47mg (5.24%), Manganese: 0.1mg (4.8%), Vitamin K: 4.66µg (4.43%), Iron: 0.73mg (4.07%), Zinc: 0.56mg (3.74%), Copper: 0.07mg (3.55%), Vitamin B1: 0.05mg (3.15%), Magnesium: 12.08mg (3.02%), Fiber: 0.65g (2.6%), Vitamin C: 1.74mg (2.11%), Folate: 8.32µg (2.08%), Calcium: 19.44mg (1.94%), Vitamin E: 0.2mg (1.33%)